

SHAW FITNESS

1/2 PRICE PERSONAL TRAINING PACKAGE

Limited offer first 5 new clients only

Do you wonder why you are not getting results when you workout and eat well?

Are you wanting to spice up your training schedule?

Are your summer clothes feeling tight?

Are you tired of looking in the mirror and not being satisfied with what you see?

Need I ask anymore questions!

This Personal Training package is going to be the best Christmas present you could give yourself.

Give you body the wake up that it needs to kick in and start giving you the results that you deserve.

You will not be given an offer like this again.

This package is available to the

first 5 new clients to book.

Your kick start to a new you includes....

- Initial consultation
- 2 personal training sessions
- Exclusive 'I PT with Sarah' luxury gym towel
- Drink Bottle
- Waxing certificate from Body Techniques
- Shopping voucher at Val Haala Clothing store
- Food and Exercise Journal
- 2 of my latest 'Fit Facts' fact sheets

VALUED AT \$188.00

First 5 new clients will only pay \$94.00

Fit Bits...

670kj

Are burnt in a 20 min cycling session

Count your coffee!

Did you know that a Starbucks Full Cream Grande Latte has 14g of fat and the energy equivalent of a medium serve of hot chips—WOW! Aussie's are consuming 1.3 billion cups of coffee a year.

Fit Gifts..

PT with Sarah Gift Vouchers available

5 Ways to fight belly fat

1. Always engage your core correctly when performing any exercise or functional movement. Ask Sarah how to activate your 'T-Zone' correctly.
2. Avoid hidden calories. Hidden fats and sugars are lurking in seemingly innocent foods. Read the label!
3. Mix it up. For best results mix up your training. A combination of cardio and resistance training will do the trick.

A 45 minute resistance training and cardio circuit can burn up to 650 calories!

1. Fluid Fluid more Fluid....and the good stuff. Drink plenty of water to stay hydrated and curb cravings.
2. Lifestyle. Ditch the diet and learn how to live a well balanced lifestyle. The healthier you are the flatter the belly.

Goodlife News... Pick up your Christmas time table. I will be teaching a few extra classes this Festive Season.

Friday 12th Dec is the members Christmas Party at Brothers, 7pm, \$10....see you there!

FOCUS GROUP

Worried about falling off the wagon over the Christmas break

Join my Christmas Focus Group and stay on track, don't let all of your hard work go to 'waist'!

- Mon 8 Dec—Fri 16 Jan
- 45 min weekly Group Personal Training Session followed by a 20 minute coffee & chat to discuss weight loss/body shaping challenges, exercise & nutrition tips. (Please choose 4 sessions over the 6 week period)
- Food & Exercise Journal to help you stay on track.

- 2 measurement consultations
- 'Fact Sheet' - Perfect Portions
- 'Fact Sheet' - 20 ways to keep off holiday kilos
- Prize valued @ \$90 for the most focussed. 1 x 30 min PT session, Exclusive 'I PT with Sarah' towel, Luxury Evohe skin care pack.
- Casual sessions & extra session costs available, please see me.



LIMITED NUMBERS

All inclusive Program ONLY \$100

SHAW FITNESS



WHO AM I?

Sarah Shaw
Your Personal Trainer

Ok, so I have the qualification to be your Personal Trainer but what you want to know is can I relate to your weight loss goals? The answer.....read on!!!

First, lets go back.....Active as a kid, sporty at school, gym membership at 15 (struggled with puberty weight gain) but I always had a passion for fitness. I partied, traveled and had a heap of fun in my 20's not to mention some high power executive positions (can you see me going to work in a suit everyday!)

Things changed when I fell pregnant with my first baby. First of all I didn't really think that I could keep exercising during pregnancy, I took the easy way out and didn't do a whole lot. I went from a size 12 and after pregnancy I was a size 18...yep! Now it didn't help that my son was 10lb 12 oz born at 37 weeks. We were both big! After baby number 2, who by the way was only 7lb 12 oz (phew!), I am now a size 8-10. So the answer....yes, I sure can relate and I am proof that you can get your pre baby body back.

Sum it up....I am still active, have a busy home with 3 busy boys (husband included) and at 38 I don't think I am doing to badly!!

I have maintained this weight for nearly 2 years...is it hard—no way! I exercise regularly, enjoy my food (love a good cheese platter and bottle of chardonnay..ssshh!) It's all good in moderation. Will I see saw in weight again?...not on your life I am having too much fun :)



You will not be disappointed with the services and staff at Body Techniques. For all of your beauty and waxing needs. Including massage, facial, nails and more.

Book in for your pre Christmas beauty needs or give a gift certificate to some one who needs some pampering

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All natural, no preservatives, exception raw ingredients.

Available Vitality Healthfoods..Riverlink

5 Reasons to lift weights

Doing cardio is a great way to build your fitness and burn those calories but it will never be enough to give you the toned physique you have dreamed off. Lifting weights is essential for a toned body that will keep you strong and lean. Don't fall into the trap of saying I will lose weight then tone up—doesn't work that way! A combination of cardio and resistance training is the key to weight lose success. Here are 6 motivating reasons

You won't turn into Arnie: You might be reluctant to lift weights because you don't want to bulk up. The good news is females just aren't designed to have a huge muscle mass. When you see 'muscle shape' it just means that you have stripped the excess fat and you are left with great tone and shape.

Stronger bones: Lifting weights stresses the bones to which muscles are attached. This causes increased bone mineral deposits making bones stronger. Doesn't matter what your age is it's not too late to start lifting light weights. Research shows that you can increase bone mineral density by as much as 10% after just months of resistance training

Become a fat burning machine: Muscle is the most metabolically active tissue in the body. Having a larger muscle mass will increase your metabolism.



Fat or muscle: Fat is flabby, bulky and twice as dense as muscle. Lifting weights

will rid that dreaded fat and will leave you with a lean toned and tight muscle.

Improve your posture: Some muscles are working constantly as they fight gravity to keep us upright. Many of us sit at desks all day, so bad posture is common. Training postural muscles will enable them to support you properly for longer. Better posture the longer and leaner you look—Stand tall, be confident.

A note from Sarah.... Firstly a big thank you to Shan Brown for spending tireless sessions embroidering the gorgeous 'I PT with Sarah' towels—thanks heaps.

Secondly have a wonderful Christmas. Enjoy but just not too much!



The Perfect Pushup

Did you know that the standard pushup forces your upper body to lift 66% of your body weight—you do the math! A push up on your knees has you lift 53% of your body weight—not a bad start!

The form—Place your hands directly beneath your shoulders. Keep your abs tight and body in a straight line from ear to ankle.

Narrow base—place your hands less than shoulder width apart keep your elbows out. Helps define your inner chest.

Wide Base—Place your hands wider than shoulder width. Develops outer portion of the chest.

Decline—Feet up on a swiss ball. Stresses lower chest and abs.

Incline—Hands on a bench. Easier than standard pushup, good way to complete fatigue.

Sarah Shaw Your Personal Trainer 0438 779 177